

Table 1: Classification of Overweight and Obesity by BMI and Associated Disease Risk\*

Classification	BMI (kg/m²)	Disease Risk* with Normal Waist Circumference**	Disease Risk* with Excessive Waist Circumference**
Underweight	< 18.5	–	–
Normal	18.5 – 24.9	–	–
Overweight	25.0 – 29.9	Increased	Moderate
Obese I	30.0 – 34.9	Moderate	Severe
Obese II	35.0 – 39.9	Severe	Very Severe
Obese III	≥ 40.0	Very Severe	Very Severe

\* Disease risk for obesity-associated conditions  
\*\* Gender-specific cut-offs for increased waist circumference:  
• Men waist circumference > 40 inches (102 cm)  
• Women waist circumference > 35 inches (88 cm)

Table 2: Obesity-associated Chronic Health Conditions

The presence of the following conditions, directly influenced by weight loss, warrants consideration of more intensive therapy with drugs or surgery:

- Hypertension
- Type 2 Diabetes
- Dyslipidemia
- Metabolic Syndrome
- Obstructive Sleep Apnea
- Degenerative Joint Disease (DJD)

Table 3: Diagnosis of Metabolic Syndrome [NCEP ATP-III, 2002]

Three or more of the following risk factors indicate metabolic syndrome:		Defining Level
Abdominal obesity: Men† Women	Waist Circumference (WC): Greater than 102 cm (>40 in) Greater than 88 cm (>35 in)	
Triglycerides	Greater than or equal to 150 mg/dL	
HDL cholesterol: Men Women	Less than 40 mg/dL Less than 50 mg/dL	
Blood pressure	Greater than or equal to 130/85 mmHg	
Fasting glucose	Greater than or equal to 110 mg/dL	

† Some men can develop multiple metabolic risk factors when the WC is only marginally increased, e.g., 37–39 inches (94–102 cm). Such persons may have a strong genetic contribution to insulin resistance. They should benefit from changes in life habits, similarly to men with categorical increases in WC.

Table 4: Weight Loss Intervention Based on Risk and BMI (kg/m²)

BMI ≥ 25 kg/m² with obesity-associated condition(s)*	Diet, exercise and behavior modification		
BMI ≥ 30 kg/m² or BMI ≥ 27 kg/m² with obesity-associated condition(s)*	Diet, exercise and behavior modification	Consider drug therapy	
BMI ≥ 40 kg/m² or BMI ≥ 35 kg/m² with obesity-associated condition(s)*	Diet, exercise and behavior modification	Consider drug therapy	Consider surgery

\* Obesity-associated health conditions – see Table 2.

Body Mass Index Table

	Normal	Overweight	Obese	Extremely Obese
BMI (kg/m²)	19-24	25-29	30-39	40-54
Height (Inches)	Body Weight (pounds)			
58	91-115	119-138	143-186	191-258
59	94-119	124-143	148-193	198-267
60	97-123	128-148	153-199	204-276
61	100-127	132-153	158-206	211-285
62	104-131	136-158	164-213	218-295
63	107-135	141-163	169-220	225-304
64	110-140	145-169	174-227	232-314
65	114-144	150-174	180-234	240-324
66	118-148	155-179	186-241	247-334
67	121-153	159-185	191-249	255-344
68	125-158	164-190	197-256	262-354
69	128-162	169-196	203-263	270-365
70	132-167	174-202	209-271	278-376
71	136-172	179-208	215-279	286-386
72	140-177	184-213	221-287	294-397
73	144-182	189-219	227-295	302-408
74	148-186	194-225	233-303	311-420
75	152-192	200-232	240-311	319-431
76	156-197	205-238	246-320	328-443

VA/DoD Clinical Practice Guideline  
Management of Overweight and Obesity  
Pocket Guide

MODULE A: SCREENING FOR OVERWEIGHT AND OBESITY

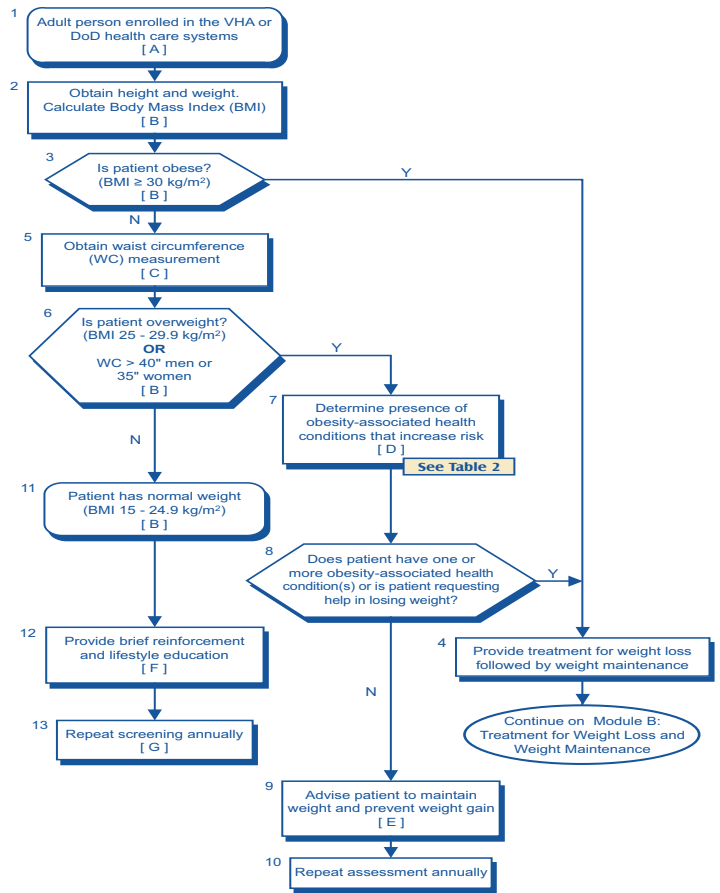


Table 7: Recommended Dosage for Selected Obesity Drug Therapy	
Drug	Comments
Gastrointestinal Lipase Inhibitor	
Orlistat	<p><b>Dose: 120 mg three times daily</b></p> <ul style="list-style-type: none"><li>• Taken with or within 1 hour of each meal containing fat</li><li>• Omit dose if a meal is skipped or a meal contains no fat</li><li>• Take daily multivitamin (containing fat soluble vitamins A,D,E and K) at least 2 hours prior to orlistat</li></ul> <p><b>Cautions:</b></p> <ul style="list-style-type: none"><li>- Increased gastrointestinal adverse effects when taken with diets high in fat (greater than 30% total daily calories from fat)</li><li>- Not recommended for use during pregnancy (FDA Category B)</li><li>- Not recommended for mothers who are nursing</li></ul>
Dopamine, Serotonin, Norepinephrine Reuptake Inhibitor	
Sibutramine	<p><b>Dose: 10 mg daily, taken with or without food</b></p> <ul style="list-style-type: none"><li>• Patients who have lost less than 4 pounds after 4 weeks of treatment should be reevaluated and considered for an increase in dose to 15 mg per day</li><li>• Patients who have lost 4 pounds or more after 4 weeks of treatment should continue sibutramine</li></ul> <p><b>Contraindications:</b></p> <ul style="list-style-type: none"><li>• Monoamine oxidase inhibitors (MAOIs)</li><li>• Major eating disorder (anorexia nervosa or bulimia nervosa)</li><li>• Severe renal impairment or severe hepatic dysfunction</li><li>• Pregnancy (FDA Category C)</li><li>• Mothers who are nursing</li></ul> <p><b>Cautions:</b></p> <ul style="list-style-type: none"><li>- Substantially increases blood pressure and/or pulse rate in some patients; requires regular monitoring of blood pressure and pulse rate</li><li>- Should not be used in patients with a history of coronary artery disease, congestive heart failure, arrhythmias, or stroke</li><li>- Use with caution in patients with narrow angle glaucoma as it can cause mydriasis</li><li>- Exclude organic causes of obesity (e.g., untreated hypothyroidism) prior to prescribing</li><li>- Use cautiously in patients with a history of seizures; discontinue in patients who develop seizures</li><li>- Use with caution in patients predisposed to bleeding events and those taking concomitant medications known to affect hemostasis or platelet function</li><li>- May precipitate or exacerbate gallstone formation</li><li>- As with other central nervous system active drugs, it has the potential to impair judgment, thinking, or motor skills</li></ul>

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Table 5: Low-Calorie Diet – General Guideline	
Nutrient	Recommended Intake
Calories	To achieve and maintain desired weight
Total fat	30% or less of total calories
Saturated fat	7 – 10% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 15% of total calories
Cholesterol	Less than 300 mg/day
Protein	Approximately 15% of total calories
Carbohydrate	55% or more of total calories
Sodium Chloride	No more than 100 mmol/day (approximately 2.4 grams of sodium or 6 grams of sodium chloride)
Calcium	1,000 – 1,500 mg/day
Fiber	20 – 30 grams/day

For Therapeutic Lifestyle Changes (TLC) diet:

- Saturated fat should be less than 7%
- Monosaturated fat should be up to 20%
- Cholesterol should be less than 200 mg/day
- Trans fatty acids should be kept as a low intake

TABLE 6: Treatment Goals	
For weight loss	Weight loss = 0.5% of body weight per week
For weight maintenance	Maintain Energy Balance: Calorie intake = Calorie expenditure
<ul style="list-style-type: none"><li>• Moderate levels of physical activity performed at least 30 minutes most days of the week</li><li>• May include short intermittent bursts (10 minutes or longer) as well as longer continuous exercise</li></ul>	

